



THE TIMES OF INDIA

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TODAY'S EDITION

Winter is here, so is our guide on wellness essentials you should stock up for the season

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PV Sindhu loses in final of BWF World Tour

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STUDENT EDITION

MONDAY, DECEMBER 6, 2021



Will the existing vaccines work AGAINST OMICRON?

CLICK HERE: PAGE 1 AND 2

REVISITING HISTORY

INDIA, B'DESH MARK MAITRI DIWAS



Maitri Diwas will be commemorated on December 6 to mark India recognising Bangladesh in 1971 in 18 other countries, the Ministry of External Affairs said.

During the visit of Prime Minister Modi to Bangladesh in March to attend the national day of Bangladesh, it was decided to commemorate the day as Maitri Diwas (Friendship Day).

Ten days before the liberation of Bangladesh, India had recognised Bangladesh on December 6, 1971. India was one of the first countries to establish bilateral diplomatic ties with Bangladesh.

Maitri Diwas is being commemorated in 18 countries around the world besides Dhaka and Delhi. These countries are Belgium, Canada, Egypt, Indonesia, Russia, Qatar, Singapore, UK, Australia, France, Japan, Malaysia, Saudi Arabia, South Africa, Switzerland, Thailand, UAE and USA, MEA said.



LEARNING WITH NIE: Looking back at how India helped build a nation...

The year 2021 marks the golden jubilee of the **MUKTIJUDDHO OR THE LIBERATION WAR**. Bangladesh's independence in 1971 not only gave Bangladesh its freedom from the clutches of oppressive East Pakistan but also changed the history and geopolitical scenario of South Asia.

Oppressive military action by the then west Pakistan's military led to a massive refugee and humanitarian crisis. The plight of the 10 million refugees did have an impact on the Indian government and prompted it to launch a retaliatory action against Pakistan. However, India's intervention was not only altruistic in nature, but was primarily based on realpolitik (a system of politics or principles based on practical rather than moral or ideological considerations).



An Indian Army officer holds the 'Swarni Vijay Mashaal'. It will reach Delhi on Dec 16

Bangladesh Liberation War 1971

POLITICAL IMBALANCE: In the 1950s the centralised Pakistani state was run undemocratically by a military-bureaucratic oligarchy dominated by West Pakistan. Under this system, Bengalis had no political say. But West Pakistan dominance was challenged in 1970 during general elections.



Pakistani Army abandoned arms at Shironani during war

LANDSLIDE VICTORY OF AWAMI LEAGUE: In East Pakistan, Sheikh Mujibur Rahman's Awami League had a clear overall majority, enough to become the prime minister. However, West Pakistan was not willing to let a leader from its eastern provincial wing rule the country.

CULTURAL DIFFERENCES: The then West Pakistan (present Pakistan), under the leadership of General Yahya Khan, started a brutal assault on the people of East Pakistan (present Bangladesh) who were demanding freedom because of the language and cultural differences between the two regions. After political negotiations failed, the Pakistani army started the crackdown.



Pakistani General Niazi signing the surrender documents in Dacca



Jawans hold aloft the Tricolour after capturing a West Pak bridge

OPERATION SEARCHLIGHT: West Pakistan kicked in Operation Searchlight across the whole of East Pakistan on March 26, 1971. This resulted in millions of Bangladeshis fleeing to India, mainly West Bengal, Assam, Meghalaya and Tripura.

West Bengal, in particular, was massively burdened by the onrush of the refugees and the state appealed to the then Prime Minister Indira Gandhi and her government for assistance for food and shelter.

INDO-BANGLA COOPERATION: With the subsequent bravery of the Indian Army coupled with the spirited fight put up by Mukti Bahini - the Bangladeshi guerrilla resistance movement - defeated the Pakistani forces.

DEFEAT OF PAK MILITARY: On December 16, 1971, Lt Gen Amir Abdullah Khan Niazi, the Chief Martial Law Administrator of East Pakistan and Commander of Pakistan Army forces located in East Pakistan signed the Instrument of Surrender.

Over 93,000 Pakistani troops surrendered to the Indian Forces and Bangladesh Liberation Forces, making it the largest surrender since World War II. The intervention brought a conclusion to the war in 13 short days and led to the birth of a new nation



The Omicron variant of the coronavirus has sparked fears that existing Covid-19 vaccines and treatment could be less effective against it. Here's what companies that make Covid vaccines and drugs have said:

MODERNA: CEO Stéphane Bancel has warned that Covid-19 vaccines are unlikely to be as effective against the Omicron variant. The company has said a new vaccine tailored for Omicron should be available as soon as March.

PFIZER-BIONTECH: "We think it's likely that people will have substantial protection against severe disease caused by Omicron," said BioNTech CEO and co-founder Ugur Sahin.

JOHNSON & JOHNSON: J&J said it was testing blood serum from participants in various trials to look for neutralising activity against the Omicron variant. It was also pursuing an Omicron-specific vaccine and would progress it as needed.

ASTRAZENECA PLC-UNIV OF OXFORD: AstraZeneca said it was examining the impact of Omicron on its vaccine, and is hopeful its combination drug would retain efficacy.

INDIA UPDATE: More Omicron cases detected

A 37-year-old man who arrived in Delhi from Tanzania has tested positive for Omicron, making it the first case of the new Covid-19 variant in the national capital and the fifth in the country. Meanwhile, a merchant navy engineer has tested positive for the variant of Covid-19 in Dombivli, Mumbai. Mumbai has 17 Omicron suspects, of which 13 are travellers and four their contacts, said a health official on Sunday. (At the time of going to the press).



Banksy street murals recreated in Milan's main train station



Travellers at Milan's main train station will this week be able to take a break among reproductions of murals by elusive street artist Banksy. 'The World of Banksy - The Immersive Experience' in the Mosaics Gallery, on the rail level of Milan's monumental Central Station, features reproductions of some of Banksy's best-known pieces, such as 'Nola', created in 2008 out of sympathy with the people of hurricane-battered New Orleans.

Banksy's street art has been recreated by young European artists and installed against backgrounds mimicking their original street setting. "When it was a brick wall, we made a brick wall, when it is a cement wall we made a cement wall, when they are dirty from time and pollution we made them dirty with special



effects," the show's curator, Manu De Ros, said. New works reproduced include 'Aachoo!!', depicting a maskless woman sneezing and knocking her dentures off. AP

WHO IS BANKSY? He is a pseudonymous England-based street artist. His satirical street art and subversive epigrams combine dark humour with graffiti executed in a distinctive stenciling technique

Tel Aviv Pips Paris To Be Priciest City



Residents of Israel's seaside metropolis Tel Aviv have for years complained of how expensive it is, with living costs taking a chunk out of their pay cheques. Now a new report affirms their dissatisfaction with the prices. Tel Aviv has emerged as the most expensive city to live in, according to the Economist Intelligence Unit, a research group linked to the 'Economist' magazine

1 Israel's financial and cultural epicentre on the Mediterranean Sea, previously ranked 5th-most expensive, has now surpassed other pricey places like Paris and Singapore. Paris, the previous holder of the title, tied with Singapore as second-most expensive, and

were followed by Zurich and Hong Kong in this year's report.

2 WHY IS IT THE PRICIEST? Tel Aviv is more expensive because it is the country's economic hub, with high paying technology jobs drawing talent from across the country.

WHAT DOES THIS MEAN FOR TEL AVIV: Tel Aviv is Israel's financial and cultural epicentre. It boasts a thriving high-tech scene, world-class restaurants and a stretch of Mediterranean beach lined by gleaming hotels and condominiums. Economists attribute the jump to a strong appreciation of the 'shekel' against the dollar.

Island turns into open-air lab for VOLCANOLOGISTS

FANCY GADGETS

They come with eagle-eyed drones and high-precision instruments. Aided by satellites, they analyse gas emissions and the flows of molten rock. On the ground, they collect everything from the tiniest particles to 'lava bombs' the size of watermelons that one of nature's most powerful forces hurl as incandescent projectiles.

SCIENTISTS FLOCK TO TOWN

Scientists from around the world are flocking to La Palma, one of Spain's Canary Islands in the Atlantic Ocean, to take advantage of a volcanic eruption happen-

ing just an hour's drive from an international airport and the safety of being able to work under the escort of military brigades. They are applying cutting-edge technologies to scrutinise a rare volcanic eruption from the land, the sea, the air - and even space.

UNDERSTANDING ERUPTIONS

As in the two dozen other major live eruptions across the planet, the ultimate goal on La Palma is to better understand volcanic eruptions: how they form, develop and, even more crucially for the islanders, how and when they end.



Why Canary Islands?

Volcanic eruptions are a one or, at most, twice-in-a-generation event in the Canary Islands archipelago near Africa. Some of the Canary Islands are still growing due to magma accumulating underneath and, as is happening in La Palma, by forming lava peninsulas beyond the coastline.



LEARNING SKILLS

Video games can teach

CHILDREN HOW TO SAVE AND BUDGET

Do video games level up kids' money skills and teach them personal finance lessons? Yes, but it largely depends on how parents talk with them about their online experience. Here are three conversations to have

HOW TO SAVE

Mark Mazzu, a former banker and stockbroker, uses the popular video game Minecraft to teach children how to save. In the game, players use chests to keep valuable items safe - much like a bank account. Using this example, Mazzu asks his students, "If you get 64 pieces of coal or cobblestone and you don't want to use all of the stuff you find, why don't you put 10 per cent away in a chest?"

HOW TO ALLOCATE FUNDS

Theme Park Tycoon, a game where players build and run an amusement park, can also teach money lessons. "There are a lot of actual business allocations that are not the sort of thing kids would get the chance to do in real life, unless they are running a serious lemonade stand," says Laura Vanderkam, author of 'Off the Clock'.

HOW TO BUDGET

"The money lessons can start even before the game is played. Kids have to consider how much the games cost and negotiate accordingly with their parents," says Jeff Haynes, a senior editor. Susan Beacham, founder of financial education company Money Savvy Generation, suggests having kids earn money or use their allowance to buy virtual currency for game-playing. Follow up afterward and ask if they think the cost was worth the benefit. This exercise will benefit kids. AP

WELLNESS

Things your skin needs in winter

Hot soup, socks and sun are great for winter. But, in this cold season, you must also show your skin some TLC. Here's a wellness guide to keep your skin healthy and happy



MAKE SWAPS, BUT THERE'S NO NEED FOR A COMPLETE RE-DO

While winter might require you to refine your regimen, it isn't necessary that you change everything. 'Listen' to what might be missing, and at the same time, pay particular heed to what the skin might be reacting to.

BE KIND TO DELICATE ZONES

Skin can be more sensitive than usual in the winter, so be gentle. Avoid excessive exfoliation (and remember to replenish right after), always pat your face dry versus scrubbing vigorously, and get rid of anything that has artificial fragrances (a tip not just for the winter, but all year round!). Don't forget to take care of your lips (since the area around our lips is especially fragile and susceptible to lip-lines), neck, hands and feet - these areas need extra nourishment too.

THERE'S MORE TO WINTER SKINCARE THAN JUST PRODUCTS

Spend a few moments massaging the products into your skin and get the blood flowing. Always do this using soft, firm upward strokes of your palms, or else metal applicators can help enhance the absorption of the products. If you've got indoor heating on, use humidifiers to prevent excessive drying. And while you enjoy your tea and hot chocolate, do not dip your consumption of the humble yet mighty drink - H2O.

(With inputs from wellness guide and founder of a skincare brand - Surbhee Grover)

TNN

GARDENING

5 Kitchen garden ideas everyone should know



This space is different from the rest of the lawns and ornamental plant area - it's where you plant veggies, herbs, edible plants, medicinal and interesting flavouring plants. Let's take a look at some creative ideas on how to make your kitchen garden even better

EFFICIENTLY DIVIDING YOUR SPACE

Structured layouts play a very important role in making sure your garden space is efficiently utilised. Forming a system of raised garden beds and properly laid out pavements helps in systematically growing the plants and vegetables. You can also grow different plants in different rows, columns depending on your needs.

REMEMBER THE BASICS: THE 3RS

Kitchen garden is the perfect place where you can use your recycling talent to grow lots of veggies of your choice. You can save your money and scan your home for used containers and decorate it in quirky manners. You can do all sorts of other reusing, reducing, and recycling things that can facilitate your creativity and help you in making your garden productive and beautiful.

ORGANISATION MATTERS

Use of containers helps in organising your garden in the most healthy and efficient way. It helps you in lining the garden in the most desirable way, you can be as creative as you like and have multiple plants in one pot. This will also help in using small spaces and bringing out lots of plants.



CHOOSE COLOURFUL PLANTS

While you are getting a nutrition filled garden, it would help if they looked good too. Pick out beautiful looking plants that are colourful and bright, and this way you can have the best of both worlds. TNN

CREATING THE ENTRANCE

First impressions always matter. So the entry to the garden should be quite amazing. Make an arch, decorate it a little with vines, etc. so that the entrance stands out on its own and can be easily distinguished from the rest.



GOOD FOOD

5 SWEET POTATO RECIPES FOR GOOD HEALTH

Commonly known as shakarkandi, sweet potato is one of the popular vegetables that you can find in winter. It is a very filling food and is power packed with nutrients, not to miss the nice subtly sweet and smokey taste. Here are five recipes that will help you in using sweet potato in your regular winter diet

MASHED SWEET POTATOES

A go-to comfort food in winter, mashed sweet potato is the healthiest recipe you can enjoy with grilled chicken or cottage cheese or tofu. For making this dish, all you need to do is microwave the sweet potatoes for 15-20 minutes at high temperature. Once done, scrape the sides of the sweet potatoes in a bowl and mash them. Mix a little butter, maple syrup, cinnamon and a little sea salt in mashed sweet potatoes and serve warm.



SHAKARKANDI HALWA

Begin the process by boiling sweet potatoes. Afterwards, peel

and mash them in a large bowl. Melt ghee in a kadhai and roast the mashed potatoes in it until brown in colour. Afterwards, mix milk, jaggery and enough water to mix all the ingredients. Cook it until the water has evaporated and the shakarkandi mixture is dry. You can also add saffron-soaked milk to it to increase the flavour. Once dry enough, enjoy it hot with some dry fruits.



BAKED SWEET POTATO FRIES

If you have a thing for 'French Fries' here's the healthier version. Preheat the oven at 220 degrees C. While it's heating, peel and cut the sweet potato in fingers. Now, take a baking tray and grease it with olive oil generously. Next, take a small bowl and mix 1 tsp olive oil with chopped garlic, herbs like rosemary, thyme, oregano and even tarragon and your favourite spices. Throw the fingers in the tray and add this dressing over the fingers. Toss well and



FIBRE-RICH TREAT

Sweet potato is known to be nutrient-dense and is loaded with dietary fibre, antioxidants, and vitamin A & C and various minerals. This nutrition-rich root vegetable has a lot of health benefits, from improving blood-sugar circulation to protecting against different types of cancer!

bake for 35 minutes. Sprinkle some salt and pepper over the fries and enjoy.

SWEET POTATO SOUP

Who wouldn't love a thick and warm soup in winters? To make this yummy soup, peel and dice the sweet potatoes in a bowl. Next, heat oil in a large pot and stir fry onion and carrot in it. Then add ginger, garlic along with paprika and red pepper. Now, add the diced sweet potatoes in the pan along with the vegetable broth. Mix well and cook for 20-30 minutes. Once done, let the mixture cool a little and blend all the ingredients to a fine paste until creamy. Transfer in bowls and garnish with fresh cream and black pepper powder.

SHAKARKANDI CHAAT

Boil the sweet potatoes. Once done, peel and cut into bite-size pieces in a mixing bowl. Add a little lemon juice, chaat masala, black salt and mix well. You can mix pomegranate seeds in it along with sev and enjoy it. It's the perfect snack for winter evenings.



REVELATION

STEREOTYPES THAT GIRLS DON'T LIKE COMPUTER SCIENCE STARTS EARLY

CHILDREN AS YOUNG as age six develop ideas that girls are less interested than boys in computer science and engineering. These stereotypes can extend into the late teens and contribute to a gender gap in STEM courses and related careers.

WHAT THE RESEARCH SAYS...

New research from the University of Houston and the University of Washington explores the gender-based beliefs young children and teens hold about interest in STEM fields. They found that just over half (51 per cent) of children believed girls are less interested in computer science, and nearly two-thirds (63 per cent) said girls are less interested in engineering. In comparison, 14 per cent of children said girls are more interested than boys in computer science, and nine per cent said girls are more interested in engineering. ANI



THE EDUCATIONIST

CHANGING ROLE OF A TEACHER IN THE NEW 'NET' GENERATION

Principal, Dr. Ushavati Shetty of Navodaya English High School & Jr. College, Thane highlights the changing role of a teacher in this day and age

In the recent times we are dealing with learners who are the NET GENERATION or the DIGITAL NATIVES. With their increased ability to multi-task and their increased aptitude for the use of technology, the role of a teacher has become more of a mentor and a facilitator.

Today's students represent the first generations to grow up with this digital technology. They have spent their entire lives surrounded with modern gadgets like smartphones, iPads, iPods, computers, videogames, digital music players, and all the other toys and tools of the digital age.

Today's children spend less hours on reading, and more playing video games, mobiles and TV. Computer games, email, the Internet, cell phones and instant messaging are integral and non-separable parts of their lives.

The first thing they view in the morning after they wake up and the last thing they see before going to bed is the mobile. They might not wish Good morning to their parents living in the same house but will be busy sending GM messages to people across the globe.

This change in role has been caused and also impacted by rapid transformation in global technologies and rapid shift in pedagogies. Thus to strike balance among various generations there is a need of a more amicable atmosphere to be creative.



Dr. Ushavati Shetty, principal

If Educators want to survive in today's knowledge economy then we need to be a lifelong learner and we need to learn to adapt to the rapid pace of change. A growth mindset amongst educators to teach tomorrow's generation is the need of the hour.

The problem arises when Digital Immigrant teachers assume that learners are still the same

as they have always been, and that the same methods that they have been using for ages and worked for the teachers when they were students will work for their students who are digital natives now. But that assumption is no longer valid. The newer generation requires an environment of approachability and openness, so that they can clearly share their preferences, concerns and inhibitions with their teachers.

Positive environment created in the class builds confidence and sense of belonging in students. The feeling that teacher is always there for advice and guidance in itself brings out the best in them.

Educating the Engineer in the 21st century is focused more on learning by the student than teaching by the faculty. A good teacher instills in the student a lifelong sense of learning based on curiosity and ability to think on their own leading to a confident self to take on the world.

Progressing from the outdated model to the "21st century" model will involve entire educational systems. As educational purposes change, curriculum frameworks, instructional methods and assessments must also undergo drastic changes.

It is rightly said by John Dewey - *If we teach the students the way we taught them yesterday we rob them of their tomorrow.*

Au-Revoir to an exemplary principal

The staff members, well-wishers and parents had paid their tribute to Rekha M. Rohira, who retired as the principal of Pioneer Education Trust's M.L.R.T. Gala Pioneer English School and Jr. College recently after serving the institution for more than twenty eight years. The school is known for imparting quality education to the young generation of the country and this has been possible due to unwavering support of the Board of trustees and relentless efforts of a dynamic principal and the dedicated staff members. The 'au-revoir' programme was graced by Prakash H. Nalawade, secretary, Sandeep S. Shrikhande, treasurer, Sanjay E. Joshi, trustee, Sanjay Bhatkhande, trustee and Ramakrishna Belwankar, trustee. Many other eminent dignitaries from all walks of life attended the programme.

She has been one of the most diligent and industrious principals a school can ever have. She has been an outstanding team leader mentoring her staff members, imparting the right skills and knowledge to the students. Her contribution to the progress of the institution is praise-worthy. She is the recipient of 'Best principal award' from Shri. Prempuriji Ashram Trust, Lions Club of Kandivali and very recently from Tata Power Energy for her immense contribution in moulding young impressionable minds. Rekha M. Rohira is a true visionary and her zeal to excel helped the school to achieve laurels in different competitions.

She has emphasized holistic development of the young students and has believed in balancing Intelligence Quotient, Emotional Quotient, Spiritual Quotient and Developmental Quotient. So, in her institution academic and co-curricular activities go hand in hand to tap the hidden potential of the students.

The school bagged several laurels in vari-



- ous Inter - School Competitions under her able guidance.
- Bal Mahotsav conducted by Swami Shri Prempuriji Ashram - the school won 'Best School Award' several times.
- Nriyjanjali Fest : the school bagged 'Special Prize' in Western Zone several times.
- Tata Power Save Energy Programme - the school was adjudged 'Best School'.
- AWIM - Regional Olympics : Mahindra and Mahindra Limited - students had bagged Prizes in Science and Technology based projects.
- Maharashtra State Level, Mumbai District

Level and R (East) Ward Level Competitions.

In her steadfast resolve to impart holistic development had ensured the maximum exposure possible to deserving students. The students were allowed to be part of innumerable prestigious projects like -

- Gardens for Life Project (GLF) dated July 2004 to Nov. 2007 - The Project was based on saving environment for the schools in India in collaboration with countries like U.K. and Kenya.
- United Kingdom India Education and Research Initiative Project (UKIERI) dated 14th Sept. 2007 to 4th Sept. 2007 - The partner school exchanged ideas - ethnic, cultural and academic and fostered amicable relations.
- 'Global Youth Leadership Summit' dated Sept. 2016 - Lion's Club in partnership with the Anthony Robbins Foundation, an USA based NGO, organized the summit.

Siddhesh Haryan, student of the school had been a part of six member Indian team to attend the Global Youth Leadership Summit, held at San Diego, USA, in the month of June, 2017 which was attended by 400 young participants from different corners of the world.

● World Cognition Project dated June 2021 to Nov. 2021 - The school has tied up with the collaborators and co-researchers from Worldscope and CRACS LAB to involve the students of Std. VI - IX in this international project, which will enhance the Creative Quotient, Cognitive Capacity and learning and decision-making abilities of the students.

The institution continues to set a scorching pace of achievements owing to the ceaseless support and encouragement of the management, selfless dedication and exemplary leadership of Rekha M. Rohira, principal and invaluable contribution from the teaching and non-teaching staff and wholehearted support of the parents.

RESPECTING GALLANTRY



Veer Gatha Project by students in honour of Gallantry Award winners.

The Veer Gatha project is a way to honour and remember the Gallantry Award winners. It was launched on the occasion of the Azadi Ka Amrit Mahotsav.

The aim of the Veer Gatha initiative is to spread awareness about the Gallantry Award winners among school-going students.

In this regard, Rizvi Springfield High School CBSE had taken an initiative to apprise their students about various activities.

Students of (Primary, Secondary and Higher

Secondary section) who had participated wholeheartedly.

Students of Std. 3rd to 5th had prepared beautiful poems to honour Indian soldiers.

Students of Std. 6th to 8th had displayed paintings on gallantry award winners, Std. 9th and 10th had prepared multimedia presentation, enactment video along with that Std. 11th wrote an essay on 'If I had been Gallantry Award Win-

ner, what would I have been done for my nation?'

The school expresses gratitude to director Rubina Akhtar Hassan Rizvi for giving it the platform for paying tribute to gallantry award winners and the principal who always supported every good cause and motivated students.

They also applauded their vice principal and coordinator who planned and executed the activity under guidance of the principal.



Winning Takes For The Common Man

SHIVANI SINGH
Rev CF Andrews High School, Mumbai

SRISHTY RAJ JHA
Apeejay School, Kharghar

ANUSHKA MODI
Apeejay School, Navi Mumbai

DHYAN
Podar International School, Thane

GAYATRI UMESH MANE
Abid Patel International School, Thane

JUVERIYA AHTESHAAM KHAN
A.P. International School, Mira Road

ROSHAN SANJAY PANASKAR
Sheth N.K.T.T High School & Junior College, Thane



EASHAN KISHOR AMBOLKAR
A.P International School (ICSE), Thane

BHAVYA SHAH
PACE Junior Science College, Mumbai

The regional winners for The Trust of India cartoon caption contest

THE TRUST OF INDIA

ANISHAA AMOL LAD
S.V.P.T's Saraswati Vidyalaya High School & Jr. College, Rabodi, Thane

VRINDA AGRAWAL
Queen Mary School, Mumbai

KOHANA ASHOK SWAMY
A.P. International School, Thane

ARMAAN KHAN
A.P. International School, Mira Road

AREED HAYAT ALI SHAIKH
A.P. International School (ICSE), Thane

SAYYED FALAKNAAZ NASIR
Duruelo Convent High School, Bandra

AARYAVEER ADYANTHAYA
Childrens Academy Ashok Nagar, Mumbai

PRISHA KANNAN
St. Charles High School, Mumbai

BHUVAN.S.SHETTY
Model English School, Mumbai

RAJ SUSHIL DHANAVALDE
Sri Ma Vidyalaya, Thane

TANMAY SURVE
NR Bhagat English School, Nerul

Express YOURSELF

DREAMS

The things we love	And have it, they say	Like it's your dear life
Destroy us every time	How lucky you are	But never let it take over
But oh, the pleasure	To dream in the day	Or it'll be all over
Give us no reason to fear	Think of what you want	Dreams make wonderful servants
Wanted makes us weak	But don't drown in your thoughts	But dangerous masters, yes they do
And still we seek	Maybe that's what we're missing	Knowing to keep them over bay
Trying to sieze them	Putting lines to our day-dreaming	And you could still let it stay
And if spoken to, they speak	Cling to your dream	
Know what you want		

AREEHA MODAK, class IX, Don Bosco Senior Secondary School, Seawood

Beauty Pageants - boon or bane?

A sanctioned process where one group of people (mostly men) stands in voyeuristic judgment of another group (mostly women) based purely upon anthropological physicality. Any other rationalisation or justification is a lie" - this is how Steve Woods, a former judge of Miss Michigan USA defines beauty pageants. Let's face it, we have all been charmed by the seemingly glamorous and lucrative industry of 'beauty' at some point or another. Why wouldn't we be? India being one of the biggest beauty markets in the world (estimated \$11 billion), it is natural for us to idolize women and men who are considered the epitome of beauty because they have been crowned winners at antiquated, highly misogynistic and objectifying pageants.

Beauty pageants show how sexism continues to be a part of society. Why do we glamorise and televise a contest that seems to solely exist to define and reward a woman's physical attributes and poise? How can a competition be feminist and empowering when its most famous elimination round seems to purely objectify the contestants based on their bodies? In an age of body positivity, do beauty pageants really deserve space?

While the swimsuit and evening gown portion are supposedly meant to show confidence and body acceptance, the physical aspect still overshadows it. Although pageants are becoming increasingly racially and ethnically diverse, they still largely celebrate women whose bodies and identities do not challenge these oppressive standards. If the pageants really want to stay out of the token diversity tag, they

must actively undertake measures to do so. I would say that inclusivity has triumphed the day the eligibility criteria doesn't discriminate against people with different body types, who are more than 25 years old and who aren't 5'5 ft tall. Pageants which removed their swimsuit rounds are Miss World (2014) and Miss America (2018). Albeit a much-needed move, hypocrisy still looms as the contestants are judged on their physical appearance.

Beauty pageants are a remnant of a century of brainwashing on beauty standards that patriarchy has left behind. They perpetuate the idea that a woman's worth is equated to her perceived beauty. They defend themselves by saying that beauty isn't skin deep while judging slim, chiselled bodies in tight fitting clothes that accentuate their physical attributes. These competitions set unrealistic standards of beauty which lead to eating disorders among young girls and women.

The next time a national or international pageant is televised, there will be hundreds of young, impressionable girls and boys watching the spectacle and witnessing how we as a society celebrate beauty in this most public forum. I'll be there somewhere, wishing that instead of pageant winners on parade we focused our attention and adulation on the many great female activists, social workers, athletes, scientists, academicians, entrepreneurs and CEOs who worked really hard to accomplish something this year.

Tejashree Sonawane, class XII, St. Xavier's College, Mumbai



SINDHU SETTLES FOR SILVER

South Korea's An Se-young proves a tough opponent for two-time Olympic medallist in BWF World Tour Finals

India shuttler PV Sindhu on Sunday came up short in the finals of the BWF World Tour Finals as the 26-year-old was defeated by South Korea's An Se-young in the summit clash. Se-young defeated Sindhu by 21-16, 21-12 in the final match at Bali, that lasted for just 39 minutes. The reigning world champion Indian ace had no answer to the in-form world number six Korean, who dictated terms from the word go.

With this victory, An Seyoung became the first ever South Korean woman to win the season-ending title. It was also her third straight title in Bali, following wins at the Indonesia Masters and Indonesia Open in the last two weeks. An Seyoung looked more polished at the nets and rode on her good quality of strokes. She produced some sensational full stretch diving saves with her swift movement to blunt Sindhu's game plan.

The South Korea shuttler came out all guns blazing in the first game and she blazed away with a 4-0 lead, but Sindhu was able to raise her game, and the first game was locked at 7-4 in favour of Seyoung after the opening four minutes of the game. The 19-year-old An Se-young raised her level and Sindhu proved no match for her. The South Korea was just one more game

away from victory.

Young charged on with her momentum, and in the end, she defeated Sindhu in straight games to win the tournament. An was brilliant in net play as well as with her baseline game, never allowing the two-time Olympic medallist Indian shuttler to make a comeback into the match.

COULDN'T MOUNT ATTACK

Up against the 19-year-old Korean, Sindhu once again looked short of ideas. She couldn't mount her attacking game or make use of the full court. The Indian had a forgettable start and was left to fight a tough battle after lagging 0-4. Sindhu played a good rally to log her first points with a cross court return. She tried to narrow the gap by engaging her rival in rallies but An Seyoung was quick on her feet and showed better anticipation to always keep her nose ahead.

The Korean needed the lead to 16-8 after resumption. Sindhu tried to make up the deficit with a few good points but the Korean managed to collect eight game points. Sindhu saved four game points by putting pressure on her opponent's backhand, while the Korean also sent one long. An Seyoung, however, sealed the opening game with a body return.

The second game started on an even keel with Sindhu managing to take a 5-4 lead for the first time but the agile Korean was quick to wrest back the lead after the Indian went long twice. The teen shuttler soon extended her lead to 10-6 as she was relentless in the rallies, sending everything back to Sindhu. A razor sharp return on her opponent's forehand gave her a 11-8 advantage at the break.

After the interval, An Seyoung continued to control the proceedings, galloping to a 15-8 lead with

another exceptional full dive return. In a jiffy, An Seyoung grabbed a massive 10 match points. Sindhu saved two before sending one to the net as the Korean celebrated.

It was Sindhu's third successive loss - all straight games - to the Korean in as many meetings. Making her third final appearance in the year-end tournament, world number seven Sindhu looked a pale shadow of the player who had claimed the title in 2018 to become the only Indian to achieve the feat.

THIRD FINALS

This was Sindhu's third final appearance in the tournament. She had won the title in 2018 to become the only Indian to achieve the feat.

Sindhu will next look to defend her title at the World Championships in Huelva, Spain starting December 12. AGENCIES



South Korea's An Se-young (R) posing on the winner's podium with runners-up India's Pusarila V. Sindhu (L)

It was a good game. An Seyoung is a good player so I don't think it was going to be easy. I was prepared for a good match. From the beginning I should not have given her a lead because in the end I came back covering few points. It is a bit sad but lot to learn. It has been a good three weeks in Bali. So lot of positives to take from here and it's time to go back, recover and get prepared for the world championships.

PV SINDHU

Photo: AP

Photo: AFP

REAL MADRID EASE PAST SOCIEDAD

Victory tarnished by an injury to Benzema; Barca and Atletico beaten

Real Madrid stretched their lead at the top of La Liga to eight points on Saturday with a slick 2-0 win over Real Sociedad but the victory was tarnished by an injury to Karim Benzema. Carlo Ancelotti said Benzema is likely now to miss Tuesday's Champions League game at home to Inter Milan although he was hopeful the striker could return to face Atletico Madrid next weekend.

Madrid, meanwhile, face Inter in a decider for first place in Group D, almost certainly without Benzema. The 33-year-old was forced off in the first half at the Reale Arena with what appeared to be a problem around his left hamstring. Yet Madrid marched on without their star striker to register another impressive win over high-flying Real Sociedad as Vinicius Junior continued his brilliant run by scoring the opener before Luka Jovic, Benzema's replacement, added a second.

Vinicius' 12th goal of the season came in the 47th minute as he weaved in from the left and played a clever reverse pass into Jovic, who held the ball up and turned it back to Vinicius, who drove in.

Jovic has endured a torrid time since joining Madrid for 60 million euros in 2019 but he could be given a run now in Benzema's absence. After teeing up Vinicius, he stooped low to head in Casemiro's flick-on from a corner for his first goal of the season.

Valuable win

Madrid's eighth consecutive win proved even more valuable after both Atletico and Barcelona lost, with Atletico undone by Mallorca and Barca succumbing to the impressive Real Betis for their first defeat under Xavi Hernandez. Barcelona stay seventh, now a hefty 16 points behind Real Madrid, while Atletico drop to fourth, six points in front of Barca, but 10 points off the top. "We have an advantage but the league is still open," said Ancelotti. "We can't think now about winning La Liga, I don't want anyone to think like this."

Barcelona and Atletico will now have to pick themselves up ahead of crunch Champions League group games in midweek. AFP

MAN CITY, LIVERPOOL ADVANCE

Manchester City and Liverpool took advantage of Chelsea's 3-2 defeat at West Ham to climb above Thomas Tuchel's side in the three-way race for the Premier League title. Defending champions City ended the day on top of the table for the first time this season after a 3-1 stroll at struggling Watford.

Liverpool left it until deep into stoppage time to see off tenacious Wolves for a last-gasp 1-0 win. Substitute Divock Origi finished from Mohamed Salah's pass in the 94th minute. The visitors dominated possession and had 17 shots on goal. Wolves battled hard to keep them at bay before Origi's late intervention.

GURJIT KAUR SHINES FOR INDIA

Dragflicker Gurjit Kaur scored five goals as the Indian women's hockey team thrashed Thailand 13-0 in its first game at the Asian Champions Trophy at Donghae, South Korea on Sunday.

Gurjit gave India the lead in the second minute after an infringement from Thailand in their defensive third awarded them a penalty stroke. Gurjit, who scored four goals at the Tokyo Olympics, kept a cool head and put the ball in the back of the net.

Conceding an early goal put Thailand on the back foot straight away, and Vandana Katariya, the only Indian women's player to score a hat-trick at the Olympics, found the second goal five minutes later.

Lilima Minz, Jyoti, Rajwinder Kaur, who made her international debut on Sunday, scored goals.

India dominated by continuing to make threatening



Gurjit Kaur

circle penetrations from the left flank. But Thailand dug in deep and defended well for the first six minutes. Jyoti broke the threshold, scoring another field goal in the 36th minute.

This was the Indian team's first match since the historic fourth-place finish at the Tokyo Olympics. In the absence of Captain Rani, who has been rested from the tournament, India were led by veteran goalkeeper Savita. PH

QUIZ TIME!

Q1: Who among the following is the first Indian woman to win an Olympic Medal?

- Anju Bobby George
- Karnam Malleshwari
- P. T. Usha
- Nameirakpam Kunjarani

Q2: Velodrome is an arena for which among the following sporting events?

- Lawn tennis
- Ice Hockey
- Track Cycling
- Formula One racing

Q3: In which among the following years, the Modern Olympic games were held for the first time?

- 1889
- 1896
- 1876
- 1898

Q4: Which among the following is played on a synthetic hard court?

- French Open
- Wimbledon
- US open
- Australia open

Q5: 'The World Beneath his Feet' is a biography of whom?

- Pulella Gopichand

- Nawab Pataudi
- Ajit Wadekar
- Sachin Tendulkar

Q6: How many Ballon d'Ors does Lionel Messi have?



Photo: REUTERS

- 6
- 7
- 3
- 9

Q7: Which is the first city ever to have hosted the Summer Olympic Games three times?

- Paris
- Athens
- London
- Los Angeles

Q8: Which country tops the all-time medal table in the Commonwealth Games?

- India
- Australia
- England
- Canada

Q9: In which year was the first edition of the Pro Kabaddi League held?

- 2012
- 2014
- 2016
- 2018

Q10: Which country is the place of origin of tennis?

- England
- Australia
- France
- Spain

ANSWERS: 1. b. 2. c. 3. c. 4. d. 5. a. 6. a. 7. c. 8. b. 9. b. 10. a.